

866102  
STRENGTH BUILDING SYSTEM

**THANK YOU**

FOR PURCHASING THE *866102 STRENGTH BUILDING SYSTEM*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

**\*\*\*IMPORTANT\*\*\***

- THE *866102 STRENGTH BUILDING SYSTEM* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.
- PARABODY INC. STRONGLY RECOMMENDS THAT THIS PRODUCT BE ASSEMBLED BY TWO PERSONS TO AVOID POSSIBLE INJURY.
- IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714
- **TOOLS REQUIRED:** RATCHET, 3/4 SOCKET or WRENCH, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER Mallet or HAMMER

**ASSEMBLY  
INSTRUCTIONS**

**SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY**

**HARDWARE:**

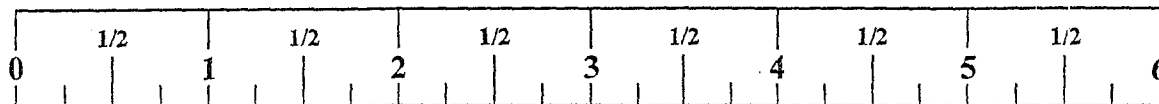
<b>ITEM</b>	<b>NAME/DESCRIPTION</b>	<b>QTY</b>
1.	3 X 2" END CAP .....	2
2.	3/8" FLAT WASHER .....	6
3.	1/2" FLAT WASHER .....	6
4.	1/2" NYLOCK NUT .....	6
5.	3/8" NYLOCK NUT .....	1
6.	1/2" LOW HEIGHT NYLOCK NUT .....	1
7.	3/8 X 1-1/4" BOLT .....	4
8.	1/2 X 3" BOLT .....	6
9.	3/8 X 2-3/4" BOLT .....	1
10.	1/2 X 3-1/2" BOLT .....	1
11.	PAL NUT .....	1
12.	1-1/4" SQ. RUBBER BUMPER .....	1
13.	1/2" FLANGE BEARING .....	2
14.	1 X 1 GLIDE .....	2
15.	3 PRONG KNOB .....	2
16.	2" SQ. END CAP .....	4
17.	HINGE TAB .....	4
18.	U-PIN .....	1
19.	SPRING PIN ASSEMBLY .....	1
20.	1-1/2 X 3/4" GLIDE QTY8 .....	1
21.	2" SQ. COVER CAP .....	1

**WELDMENTS/PARTS:**

<b>ITEM</b>	<b>NAME/DESCRIPTION</b>	<b>QTY</b>
1.	WOLFF SLEEVE WLDMT .....(6406601).....	1
2.	HEIGHT ADJUSTMENT BAR WLDMT .....(6428601).....	1
3.	BENCH SLIDE WLDMT .....(6428701).....	1
4.	BACK PAD .....(6452401).....	1
5.	SEAT PAD .....(6452501).....	1
6.	CROSS BRACE WLDMT .....(6606901).....	1
7.	UPRIGHT FRAME WLDMT .....(6607501).....	2
8.	BENCH FRAME WLDMT .....(6607701).....	1
9.	SLIDE SUPPORT WLDMT .....(6611701).....	1
10.	UPRIGHT LABELS (1-25) .....(6189501).....	2

**NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.**

**BOLT LENGTH RULER:**



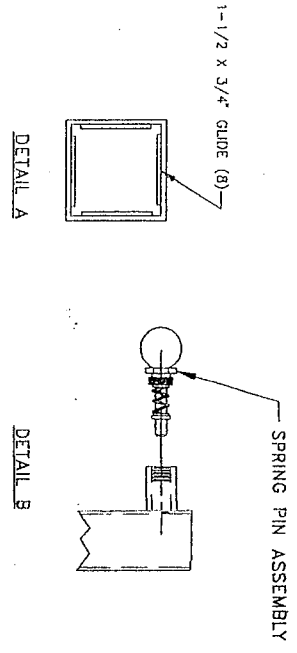
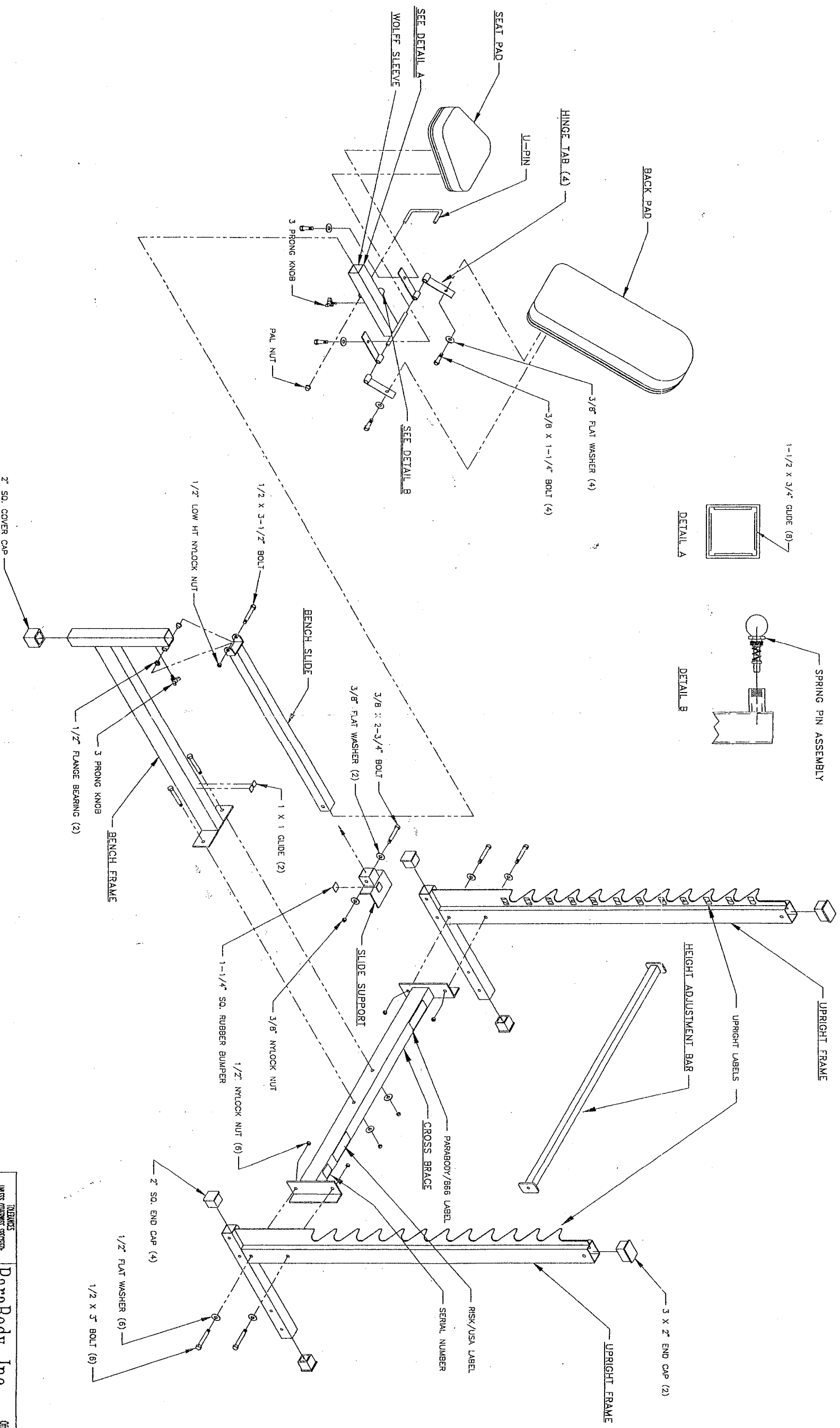
1. Insert one (1) 3 X 2 IN. END CAP into the top of the **UPRIGHT FRAME**, and two (2) 2 IN. SQ. END CAPS into the **BASE** of the **UPRIGHT FRAME** as shown on drawing. Repeat this step for the second **UPRIGHT FRAME**.
2. **SECURELY** assemble both **UPRIGHT FRAMES** to the **CROSS BRACE** as shown on drawing using four (4) 1/2 X 3 IN. BOLTS, four (4) 1/2 IN. WASHERS, and four (4) 1/2 IN. LOCK NUTS. **(IMPORTANT: THE ANGLE BRACKETS ON THE CROSS BRACE ARE OFFSET, PLEASE MAKE SURE THAT THE LONGEST END OF THE BRACKET IS FACING UP BEFORE ASSEMBLY)**
3. **SECURELY** assemble the **BENCH FRAME** to the **CROSS BRACE** as shown on drawing using two (2) 1/2 X 3 IN. BOLTS, two (2) 1/2 IN. WASHERS, and two (2) 1/2 IN. LOCK NUTS. Attach one 2" sq. cover cap to the **BENCH FRAME** as shown.
4. Insert two (2) 1/2 IN. FLANGE BEARINGS into each end of the **BUSHING** of the **BENCH FRAME** as shown on drawing.
5. **SECURELY** assemble the **BENCH SLIDE** to the **BUSHING** of the **BENCH FRAME** as shown on drawing, using one (1) 1/2 X 3-1/2 IN. BOLT one (1) 1/2 IN. LOW HT LOCK NUT.
6. Attach eight (8) 1-1/2 X 3/4" GLIDES to the **WOLFF SLEEVE (FOUR ON EACH END)** as shown in **(DETAIL A)** using the following steps:
  - Thoroughly clean all surfaces where the GLIDES are to be attached.
  - Remove the GLIDES from the paper backing and firmly apply them to all shown surfaces.
7. Insert one (1) U-PIN through the **BUSHING** of the **WOLFF SLEEVE** as shown on drawing, and attach one (1) PAL NUT to the end of the U-PIN.
8. **SECURELY** Assemble one (1) **SPRING PIN ASSEMBLY** to the **SPRING PIN BARREL**, of the **WOLFF SLEEVE** as shown in **(DETAIL B)**. **(!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**
9. Pull back the **SPRING PIN** on the **WOLFF SLEEVE** and slide it over the end of the **BENCH SLIDE** as shown on drawing. Engage the **SPRING PIN** into one of the adjustment holes. Secure the **WOLFF SLEEVE** in place with one (1) 3-PRONG KNOB.
10. **LOOSELY** assemble one (1) 3 PRONG KNOB to the **UPRIGHT TUBE** of the **BENCH FRAME** as shown on drawing. **(THIS WILL BE USED TO SECURE ATTACHMENTS IN PLACE)**
11. Attach one (1) 1-1/4 IN. SQ. RUBBER BUMPER to the **SLIDE SUPPORT** as shown on drawing.
12. **SECURELY** assemble the **SLIDE SUPPORT** to the end of the **BENCH SLIDE** as shown on drawing using one (1) 3/8 X 2-3/4 IN. BOLT, two (2) 3/8 IN WASHERS, and one (1) 3/8 IN. LOCK NUT.
13. Attach two (2) 1 X 1 GLIDES to the top of the **BENCH FRAME** where the **SLIDE SUPPORT** makes contact. See drawing.
14. Assemble the **SEAT PAD** to the **WOLFF SLEEVE**, start by sliding two (2) **HINGE TABS** over the **PIN** of the **WOLFF SLEEVE (ONE ON EACH SIDE)** as shown on drawing, and **SECURELY** assemble each **HINGE TAB** to the **SEAT PAD** using two (2) 3/8 X 1-1/4 IN. BOLTS and two (2) 3/8 IN. WASHERS. **(MAKE SURE BOTH HINGE TABS ARE ALL THE WAY ON THE PIN)**

15. Assemble the **BACK PAD** to the **WOLFF SLEEVE**, slide the two (2) remaining **HINGE TABS** over the **PIN** of the **WOLFF SLEEVE (ONE ON EACH SIDE)** as shown on drawing, and **SECURELY** assemble each **HINGE TAB** to the **BACK PAD** using two (2) **3/8 X 1-1/4 IN. BOLTS** and two (2) **3/8 IN. WASHERS. (MAKE SURE BOTH HINGE TABS ARE UP AGAINST THE OTHER HINGES)**
16. Attach two sets of **UPRIGHT LABELS (1 to 12)** to the inside surfaces of both **UPRIGHT FRAMES** as shown on drawing.

## **866102 EXERCISE SET-UP**

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1. To perform **FLAT BENCH EXERCISES**, lift the **BENCH SLIDE** up and set the **HEIGHT ADJUSTMENT BAR** into the bottom rungs of the **UPRIGHT FRAMES**. Lower the **BENCH SLIDE** down on top of the **HEIGHT ADJUSTMENT BAR**. Adjust the **WOLFF SLEEVE** forward or backward until proper alignment with **UPRIGHTS** is reached, and tighten **THUMBSCREW**.
2. To perform **INCLINE PRESSES**, lower the **BENCH SLIDE** down onto the **BENCH FRAME**. Place the **HEIGHT ADJUSTMENT BAR** into the forth or fifth rungs (**DEPENDING ON ANGLE OF INCLINE**) of the **UPRIGHT FRAMES**. Adjust the **WOLFF SLEEVE** forward or backward until proper alignment with **UPRIGHTS** is reached, and tighten **THUMBSCREW**. Adjust the **SEAT PAD**, by pulling back the **U-PIN** and allow it to rest up again the **SPRING PIN HOUSING** on the **WOLFF SLEEVE**.
3. To perform **MILITARY PRESSES**, lower the **BENCH SLIDE** down onto the **BENCH FRAME**. Place the **HEIGHT ADJUSTMENT BAR** into the fifth rungs of the **UPRIGHT FRAMES**. Adjust the **WOLFF SLEEVE** backward to the last adjustment hole in the **BENCH SLIDE**, and tighten **THUMBSCREW**.
4. To perform **DECLINE PRESSES**, and **AB CRUNCHES** the **OPTIONAL LEG CURL/EXTENSION PEDESTAL** will be needed. Insert the **U-PIN** through the hole in the **LEG EXTENSION NECK** and the **BUSHING** on the **LEG EXTENSION (AT THE SAME TIME)**. Insert the **LEG EXTENSION NECK** into the **UPRIGHT TUBE** of the **BENCH FRAME** and allow the **U-PIN** to rest on top, and tighten **THUMBSCREW**. Lower the **BENCH SLIDE** down onto the **BENCH FRAME**. Lock legs in behind the **ROLLER PADS** of the **LEG CURL/EXTENSION PEDESTAL**. The **WOLFF SLEEVE** may be adjusted for comfort.
5. To perform **SQUATS, (MAKE SURE THAT NO ATTACHMENTS ARE IN THE UPRIGHT TUBE OF THE BENCH FRAME)** slide the **WOLFF SLEEVE** to the front of the **BENCH SLIDE**. Rotate the **BENCH SLIDE** up and allow it to rest on the **UPRIGHT TUBE**. Allow the **BACK PAD** to hang down. **(THE HANGING WEIGHT OF THE BACK PAD WILL KEEP THE BENCH SLIDE FORWARD)**
6. Please follow the **WORKOUT MANUAL** for the correct way to use this product.



TOLERANCES		UNLESS OTHERWISE SPECIFIED	
FRACATIONAL	± 1/16	DECIMAL	± .010
ANGULAR	± 1°		
<b>Parabody, Inc.</b> 14150 Sunfish Lake Boulevard Ramsey, Minnesota 55303 (612) 322-4500 1-800-322-3714			
<b>ASSY INST, 866102</b>		<b>66119</b>	
SCALE	1/14	DATE	4/96
SHEET	1 OF 1	APPROVED	DWT A/G
DRAWN	D.TAILLEFER	DATE	